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AMENDMENT

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Y3-18.PA1

IN THE CLAIMS:

Please amend the claims as follows:

1. -14. (Cancelled)

15. (NEW) A self-inflating mat, comprising:

a first foamed material hermetically covered by means of outer layers
of cloth;

said outer layers of cloth being sealed on edges thereof;

valve means for adjustably connecting said foamed material to an
external atmosphere; and

at least one layer of said cloth including a hot-pressed yarn coated with
a thermoplastic material.